

Jill Patterson, RDN

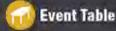
Have you ever
wondered about
certain ingredients or
how to shop to reduce
the amount of salt in
your meals or were
you recently
diagnosed with
a condition
requiring a change
to your meal plan?

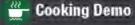
Let the Living Well Eating Smart Team help!

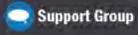
If you are
interested to
learn more about how
Jill Patterson can help
you and your family,
contact her directly at:

JillPattersonRDN @gmail.com (413) 504-4198









Nutrition Events at Big Y®

Jill Patterson is a registered dietitian available in a handful of Big Y locations in Connecticut to provide workshops and supermarket tours to community groups for **FREE**.

CONNECTICUT SCHEDULE FEBRUARY 2019

February 6 Healthy Valentine's

Day Treats

1:45 – 3:45 PM Meriden Big Y 533 South Broad St.

Stop by our tasting table to sample festive creations to make for your favorite people this Valentine's Day.



February 13 Healthy Valentine's Day Treats

11:15 AM – 1:15 PM Rocky Hill Big Y 1040 Elm St.

Stop by our tasting table to sample festive creations to make for your favorite people this Valentine's Day.



February 13 Healthy Valentine's Day Treats

2:45 – 4:45 PM North Haven Big Y 345 Washington Ave.

Stop by our tasting table to sample festive creations to make for your favorite people this Valentine's Day.



February 13

Living Gluten Free

5:30 – 6:30 PM North Haven Big Y 345 Washington Ave.

Join us for open conversation about gluten-free living and sampling of gluten-free snacks, in collaboration with the National Celiac Association.



February 19

Best Tips for Weight Loss Success

> 10:00 - 11:15 AM Bethel Big Y 83 Stony Hill Rd.

Find practical shopping tips and meal planning strategies to help shed pounds without sacrificing foods you love.



February 19 Heart Month Heroes

12:00 – 1:15 PM Bethel Big Y 83 Stony Hill Rd.

High blood pressure? High cholesterol? Stop by our info table to learn about foods to enjoy for protecting your heart.



February 19 Heart Month Heroes

2:45 – 4:15 PM Naugatuck Big Y 85 Bridge St.

High blood pressure? High cholesterol? Stop by our info table to learn about foods to enjoy for protecting your heart.

Went Table

February 28 Heart Month Heroes

1:45 – 3:45 PM Plainville Big Y 275 New Britain Ave.

High blood pressure? High cholesterol? Stop by our info table to learn about foods to enjoy for protecting your heart.





Visit <u>bigy.com/livingwell/getsocial</u> for a full list of events.

Tours are Open to All Shoppers. Participants will receive recipes, samples and other great giveaways. Please Arrive 10 Minutes Before Event at the Y Café. Time and Date Subject to Change.